

Parks and Recreation Programs

Taekwondo

Taekwondo is an ancient Martial Art offering a variety of benefits for all ages and physical abilities, including improved concentration, coordination, balance and self-esteem. Bring your own water bottles. Please enter the building wearing a mask. Wash hands before and after class. There is also hand sanitizer available. Stay 6 feet apart and keep your mask when not exercising. There is a disinfecting cleaner on site to clean any equipment used.

Day: Tuesdays, 8-week sessions

Dates: Sept. 3-Oct. 22

Oct. 29-Jan. 7

Age: 5-11yrs

Time: 4:45pm-5:30pm

Location: Firemen's Park Building

Fee: \$40 per session

Muay Thia-Martial Arts

Instructor Pete Farias teaches Muay Thia, the spectator sport of Thia Boxing with ancient military roots and Bruce Lee Jeet Kune. Students will learn strength, conditioning, stance, footwork, kicks and both defensive and offensive techniques. Wear comfortable clothing. Bring your own water bottles. Please enter the building wearing a mask. Wash hands before and after class. There is also hand sanitizer available. Stay 6 feet apart and keep your mask when not exercising. There is a disinfecting cleaner on site to clean any equipment used.

Day: Sunday, 8 week sessions

Dates: Aug. 25- Oct. 13

Oct. 20-Dec. 15

Time: 9:30am-10:30am

Age: 7 yrs- Adult

Location: Firemen's Park Building

Fee: \$55 per session

YOGA

Bring your own water bottles and yoga mats. Please enter the building wearing a mask. Wash hands before and after class. There is also hand sanitizer available. Stay 6 feet apart and keep your mask when not exercising. There is a disinfecting cleaner on site to clean any equipment used.

Day: Tuesdays &/or Thursdays (4 Week sessions)

Time: 6:00pm-7:00pm

Location: Firemen's Park Building

Ages: 16 yrs and older

Fee: \$50 for both Tuesday & Thursday

\$25 for one day per week

\$8.00 per Walk-in

ZUMBA is BACK!

We are excited to have ZUMBA BACK! Jaclyn Pavlick is a certified elementary and middle school teacher in Illinois and Indiana. She left her profession to temporarily stay at home to raise her son. Her passion for Sumba started several years ago when she struggled with her weight. She attended classes regularly and realized how fun exercise could be. So she became a certified Zumba instructor and hopes to share her passion by teaching and inspiring others. Bring your own water bottles. Please enter the building wearing a mask. Wash hands before and after class. There is also hand sanitizer available. Stay 6 feet apart and keep your mask when not exercising. There is a disinfecting cleaner on site to clean any equipment used.

Day: Saturday (4 Week sessions), SKIP 9/5

Time: 10:00am-11:00am

Location: Firemen's Park Building

Ages: 16 yrs and older

Fee: \$25 for 4 weeks

\$8.00 per Walk-In

Kids in the Park!

Join us on Tuesdays and Thursdays at Firemen's Park Pavilion for Kids in the Park. Each day we will have a fun new craft for kids to make. Participants could make a peanutbutter bird feeder, paint a suncatcher, paint with marbles, create a under the sea foam creation and more. Come dressed for a mess. Bring your own water bottles. Please make sure everyone is wearing a mask. We will wash hands before and after class. There is also hand sanitizer available. Stay 6 feet apart. There is a disinfecting cleaner on site to clean any equipment used. If weather is bad, the class will be moved indoors.

Day: Tuesdays and Thursdays

Dates: July 23- August 27

Time: 11:00am-Noon

Location: Firemen's Park Building

Ages: 3-10 yrs. old

Fee: \$2 each class

Virtual 5K Walk or Run

Using your smart phone and or app, down load an app that can track 3.1 miles or 5K. Screen shot your path with your best time and email it to us with your name, age and if you ran or walked. You have a whole month to complete this. If your time improves, send us your results again. We will have categories for walkers and runners per age group. Top winners of each age group will win gift cards to local businesses.

Day: ANY

Dates: August 1-August 31

Time: You Decide

Location: Where ever your heart desires, but is safe!

Ages: 5 years and UP

Fee: **FREE!!**

Tie Dye Shirt Day!

Come out to Firemen's Park to tie dye a t-shirt with a crazy design or colors. **Advance registration is a must in order to get t-shirts in everyone's sizes by August 17.** If you want to do more than one, let us know. Dress for a mess. Wear a Mask. Bring your own water bottle. Hand washing before and after. Gloves will be given to keep hands from getting dyed. Instructions on how to wash them at home after dye has set overnight will be given.

Day: Monday

Dates: August 24

Time: 11:00am-Noon OR 5:00pm-6:00pm

Location: Firemen's Park Building

Ages: 5 yrs old and up! BRING THE FAMILY

Fee: \$8 per t-shirt

Kick Ball Games

We will be hosting a kick ball games for kids and adults. **Pre-Registration is required so that we are within the Covid-19 guidelines by August 19.** All participants will get free ice cream after their game. Bring your own water bottles. Hand Sanitizer will be available. Wear a mask when not playing. Participants need to keep social distancing in mind.

Day: Saturday

Dates: August 22

Location: Firemen's Park baseball and softball fields

Softball Field

Baseball Field

9:00am -10:00am, Ages 5-8

9:00am-10:00am, Ages 9-12

10:30am-11:30am, Ages 13-17

10:30am-11:30am, Ages 18 and up

Fee: FREE

Do you have a talent you want to share with the community? Parks and Recreation is always looking for new ideas for programming. Contact Parks and Recreation if you would like to teach a class. 708-534-8302

Water Balloon, Egg Toss and Water fun

Join us on Firemen's Park Football Field for a water balloon and egg toss game. \$2.00 gets each participant a wrist band that allows them to play in with water balloons, eggs and water guns. Groups according to age will participate against each other to see who cannot drop their egg or water balloon as you step further and further away. What a great way to practice social distancing right?! Winners of each age group will win gift cards to local businesses. Bring your own water bottle, please wear a mask, dress for a mess. **Register by Sept. 9 Deadline**

Day: Saturday

Dates: Sept. 12

Ages 5-8, 9:00am Water Balloon

9:30 am Egg Toss

Ages 9-12, 9:30am Water Balloon

10:00am Egg Toss

Ages 13-17, 10:00am Water Balloon

10:30 Egg Toss

Ages 18 and up, 10:30am Water Balloon

11:00am Egg Toss

Location: Firemen's Park Football Field

Fee: \$2.00 per person

Town Hand Print Mural

Come to Firemen's Park Pavilion and help us decorate a mural with everyone's handprints. We ask everyone to wash hands before and after and wear a mask.

Day: Saturday

Dates: Sept. 12

Time: 9:00am-11:30am

Location: Firemen's Park Pavilion

Ages: ALL

Fee: FREE

Kids Scavenger Hunt in the Park

Join us at the Firemen's Park Pavilion for a Kids Scavenger Hunt around the park. Participants will be given a sheet with clues to find things around the park. We ask everyone to bring their own water bottles, wear masks and practice social distancing guidelines. All Participants will get ice-cream after completing their list at the end. **Register by August 7th**

Day: Monday

Dates: August 10

Time: 11:00am-Noon

Location: Firemen's Park Pavilion

Ages: 5 -10 yrs.

Fee: FREE

Paint By Number

Join us at Firemen's Park building for a Paint by Number Class with Ms. Alison. We will use various techniques. Participants must wash hands before and after class, wear a mask, bring your own water bottle if you would like and practice social distancing.

Day: Tuesdays

Dates: Aug. 18- Sept. 8

Sept. 15- Oct. 6

Oct. 13-Nov. 3

Time: 5:00pm -6:00pm

Location: Firemen's Park Pavilion

Ages: 5 -12 yrs.

Fee: \$10.00 per 4-week session

Bug Hunt

Does your child like bugs? Digging around and looking for them in the park might be just what they would enjoy doing with us. Participants must wear a mask, bring their own water bottles if they would like and we will see you under the park pavilion. Bring your own bucket and shovel if you want to help us catch them or just watch us while practicing social distancing.

Day: Monday

Dates: Aug. 31

Time: 1:00pm -2:00pm

Location: Firemen's Park Pavilion

Ages: 3 on up

Fee: Free

Frozen Ice Dino Dig

Have a child who loves dinosaurs and digging. We have frozen dinosaur's in some ice and we need help digging them out! Join us under the park pavilion wearing a mask and prepare to get a little wet as the ice melts. Participants can keep the dinosaurs they uncover. REGISTER BY AUGUST 26 so that we can make sure to have enough for everyone.

Day: Monday

Dates: Aug. 31

Time: 10:00am -11:00am

Location: Firemen's Park Pavilion

Ages: 3 on up

Fee: \$2.00

Mommy and Me (or Daddy) Mornings

Mom or dad come join us on Monday mornings for a story and a small craft that you can do with your child. Everyone must wear a mask. Hand sanitizer is available and hand washing is recommended before and after class.

Day: Mondays

Dates: Sept. 14- Oct. 5

Oct. 19-Nov. 9

Nov. 16-Dec. 7

Time: 10:00am -10:45am

Location: Firemen's Park Pavilion

Ages: 3-5 yrs.

Fee: \$10.00 per 4-week session

MOVIE IN THE PARK

"Over the Hedge"

Social distancing will be enforced. We ask that you keep a mask on when not with your group or family.

Concessions will be open with prepackaged goods.

Day: Friday

Dates: August 28

Time: 8:30pm

Location: Firemen's Park

Ages: BRING THE FAMILY

Fee: FREE

DREAMWORKS

OVER THE HEDGE

From the creators of **SHREK**



“Laugh-Out-Loud Funny.”

- Leonard Malin, ENTERTAINMENT TONIGHT